

HEALTH IN THE HOUSEHOLD



AND HINTS
FOR THE
PRESERVATION
OF HEALTH

PUBLISHED BY
THE T. MILBURN CO. LIMITED
TORONTO, ONT.

Just a Few Hints for the Sick

In presenting this book to you, we do so with the greatest of confidence, assuring you that every testimonial appearing herein is "bona fide," and unsolicited by us.

The firm of The T. MILBURN CO., LIMITED, was organized in the year 1874, and from that date down to the present time we have always made it a point to procure the very best of roots, herbs, barks and drugs, for the manufacture of our different preparations.

Some of our preparations were in use long before we went into business, but every one of them has stood the test of time.

What proof do you want? Below we give you a list of those having been used in thousands of homes during the last 65 years.

Burdock Blood Bitters has been on the market for over 40 years, and is the best all round blood medicine sold to-day.

Dr Fowler's Extract of Wild Strawberry has a reputation extending over 67 years. Ask any person who has ever used it for bowel complaint and see what they say about it.

Milburn's Heart and Nerve Pills have been in use about 20 years, but they are fast gaining the reputation due them.

The same may be said of **Doan's Kidney Pills**. They are for sale in Canada, England, Australia, South Africa and the United States, India, Mexico, China, Japan,—in fact all over the world.

Milburn's Laxa-Liver Pills have also gained favor with the public; as has **Wood's Norway Pine Syrup**, the great cough cure, during the past 20 years.

The **Hagyard Remedies** are perhaps as well known as any, having been in use for over 47 years. They include **Yellow Oil**, **Pectoral Balsam**, **Royal Pain Remedy**, **Cattle Spice** and **Condition Powders**.

Dr. Low's Remedies are also well known. They include **Worm Syrup**, **Pain Cure Oil** and **Sulphur Soap**. These remedies have been on the market for over 35 years.

For any further information desired, address

The T. MILBURN CO., Limited
TORONTO, ONTARIO

Eight Health Hints

1st. Pure Air. This is the very essence of life, and purity of the blood depends largely upon pure air, and too much care cannot be taken to avoid crowded assemblies in ill ventilated apartments, sleeping in close bed rooms or inhaling the breath of others.

2nd. Draughts. Healthful as pure air is, a sudden and direct draught should be avoided, particularly when the body is overheated; as, for instance, going from a warm atmosphere into a cold one, the mouth should be kept closed, and the air admitted gradually into the lungs.

3rd. Sunlight. Is of the most importance to good health. Don't be afraid of pure air and warm sunshine; admit the cheerful sunlight into your workshop, your factories, into your homes and your hearts, and dispel the gloom, if you would enjoy "health and happiness."

4th. Bathing. Cleanliness, they say is next to godliness, and absolutely essential to good health. The use of the bath, say, twice a week tends greatly to fortify the system against climatic changes and disease.

5th. Clothing. Always keep the feet warm and the head cool. Wear flannel, merino or silk next to the skin. All garments should be worn loose and easy.

6th. Exercise. The invigorating value of pleasurable exercise is highly essential to health and long life. It equalizes the circulation, aids digestion, and distributes the nervous energy. While the robust may take exercise before breakfast, the feeble would experience fainting, and should defer exercise until an hour or two after eating.

7th. DIET. All kinds of food are good, but to be digestible should be properly cooked, and well chewed and worked with the saliva of the mouth before being swallowed. Overloading the stomach at anytime, eating between meals, and eating hearty suppers at late hours are common errors that cannot be too strongly condemned.

8th. Drink. Nature never makes any mistakes. Water is the natural drink of man. Tea and coffee should always be used in moderation, but no drink of any kind should be freely used at meal time.

Observe the above "Hints," and you will find you will enjoy the best of health.

Makes Pure, Rich Red Blood

A Disease of the Digestive System

Dyspepsia, or Indigestion is a deeply important subject, for there is no form of disease more prevalent or obstinately difficult to cure.

It occurs in all countries, and at all times and among all classes. It is a disease the more difficult to cure from the fact that it is hard to control the appetite from indulging in tempting food that pleases the palate; and again when the mucous membrane of the stomach becomes inflamed, everything taken into the stomach, under certain conditions, acts as an irritant that adds fuel to the fire.

Cause.—The use of alcoholic drinks and tobacco is the bane of dyspepsia. Alcohol hinders the process of digestion, prevents the assimilation of food, and heats and poisons the blood. Tobacco does the same, and also wastes the gastric juice in the expectoration of saliva, the natural solvent of the food.

Among the frequent causes of dyspepsia may be enumerated too rapid eating, eating to much and too often, improperly chewing the food, eating to much stimulating food, and indulgence in improper diet generally. Inhaling bad air also has much to do with the cause of dyspepsia.

Symptoms.—Among the variety of symptoms the following are the most prominent.

Variable appetite, often a faint gnawing feeling at the pit of the stomach, with unsatisfied craving for food, rising and souring of food, heartburn, wind in the stomach, a feeling of weight in the stomach, low spirits, general prostration; in fact there is scarcely a disease but what dyspepsia will in some form resemble.

Treatment.—First of all, the victim of dyspepsia must obtain a mastery over the appetite, and become regular in habit and temperate in all things, for without this observance no treatment will avail. Next in importance is a regular action of the bowels which should be at once secured, by force of habit, if possible, with proper diet.

Burdock Blood Bitters is the sovereign remedy for dyspepsia, and is performing the most marvelous cures when all other treatment has failed, for proof of which we would ask you to read the following testimonials, which are guaranteed genuine.

The despairing sufferer from dyspepsia will find upon fair fair the superiority of this treatment over the ordinary drug method.

For Weak Heart or Shaky Nerves

Almost despaired of ever getting Well

Mrs. Mary MacKay, Hunter's Mountain, N.S., writes: "I was troubled with Indigestion for more than ten years. I tried several doctors' medicines claiming the power to cure, but all without success.

Having heard of the many cures effected by Burdock Blood Bitters, I decided to give it a trial. After taking two bottles, I was completely cured. My appetite which was very poor, is now good, and I can eat most everything without any disagreeable feelings.

I can strongly recommend B.B.B. to anyone suffering from Indigestion."

Fresh buttermilk is very nutritious, cooling and refreshing for most invalids. Drink at pleasure.

A Sufferer for Years from Dyspepsia

Mrs. E. Williamson, Wheeler, Ont., writes: "I had been a sufferer for years from Dyspepsia, and could scarcely eat anything. I tried Burdock Blood Bitters, and I am entirely cured. I have not been troubled since I took it, and that is two years ago. I can now eat anything I wish."

In all cases where worms are suspected, Dr. Low's Worm Syrup should be administered.

Was troubled with Stomach trouble

Mrs. Geo. Carter, Thamesford, Ont., writes: "My husband was troubled with Stomach Trouble for a long time. He used everything and doctored with doctors, and received no benefit until he used Burdock Blood Bitters. He used three bottles and was so completely cured he has never had any trouble since."

Indigestion for over Ten Years

Mr. Henry P. White, Surrattville, N.B., writes: "I have been troubled with Indigestion for more than ten years; tried several doctors and different medicines, but all without success. Having heard of the many cures effected by Burdock Blood Bitters I decided to give it a trial. I have taken one bottle, and I feel that I am cured at last. I can now do the same hard work I could before I was taken sick."

Use Milburn's Heart and Nerve Pills

The many Diseases of the Skin

Skin diseases, are invariably due to bad or impoverished blood, and while not usually attended with fatal results of more severe forms of disease, are nevertheless peculiarly distressing to the average person.

The following skin diseases are positively cured by Burdock Blood Bitters through its wonderful cleansing, purifying powers on the blood and its renovating action on the entire system, viz.—Eczema or Salt Rheum, Psoriasis, Tetter, Shingles, Itching and Burning Rashes, Erysipelas, Eruptions, Ulcers, Boils, Pimples, etc. Cures have been made in thousands of cases even after all other treatment had failed. Unprejudiced medical men praise the marvellous blood purifying properties of B.B.B. on the system, by means of which skin and blood diseases can be cured.

Had Salt Rheum, could scarcely do Work

Mrs. Ellwood Nesbitt, Apsley, Ont., writes: "I had Salt Rheum so bad I could scarcely do my work. I took two treatments of doctors' medicines, but they did me no good. A friend told me his wife had had Salt Rheum, and that Burdock Blood Bitters had cured her, so I got a bottle, and before I had it all taken my hand was better."

For Frost Bites.—Rub the frozen part with snow, or apply cold water until the frost is extracted, and then use Hagyard's Yellow Oil as soon as possible.

Had Itching Rash on Body

Mr. C. B. Comeau, St. Bernard's, N.S., writes: "Every winter for two or three years I have been troubled with an itching rash on my body, due to the impure condition of my blood. I began using Burdock Blood Bitters, and from the first I noticed that the medicine was good for me, so I kept on using it until five bottles had been taken. Not only the rash has completely disappeared but it has put my whole system into shape again, and I feel active and fresh about my daily business.

For Nose Bleed.—Press a wad of brown paper tightly under the upper lip against the nostrils, and plug the nostrils with cold astringents, such as alum water, etc.

Use Dr. Wood's Norway Pine Syrup

Look to Good Blood for Good Health

If the blood becomes impure, poisoned or contaminated in any way, some especially weak organ must soon become diseased thereby, or the whole system may suffer in consequence. Boils, pimples, blotches, ulcers, abscesses, or some serious and perhaps an incurable blood disease may result. Never neglect to cleanse the blood, and for this purpose nothing can equal Burdock Blood Bitters.

A wonderful Cure of an Abscess

Mr. A. W. Dryden, Amherst, N.S., writes: "I am going to tell you what Burdock Blood Bitters has done for us. My son Vance when only nine months old, got an abscess on his cheek bone. I took him to a doctor in St. John, N.B., and he lanced it, and told me it would get well in a few days, and wanted me to keep it squeezed out. It did not seem to get any better, so my wife took him back. The Dr. told her to take him home and it would soon get better. It would gather and break, and it went on that way until he was over four years old. He lost four pieces of bone out of where it was lanced, and two pieces came from his mouth; he has lost all of his cheek bone and his eye was drawn down. I took him to doctors in St. John, Moncton, and Amherst, and all wanted me to let him go under an operation. He was so small I told them that if he was going to die, he might as well die as he was as to go there and be all cut to pieces, so I declined to have the operation done. I told them I was going to try Burdock Blood Bitters, as I had heard my mother, some thirty years ago, talk so much about it being so good. I got a bottle and when it was about half gone noticed it was doing good, and before many days the sore stopped running and healed up, and the abscess has never broken out again. This happened nearly six years ago, so you can see I have great faith in B.B.B., and I can say, with all my heart, that it is the best blood medicine in the world."

Bad Blood causes Pimples

Wm. F. Donohue, Jr., Hamilton, Ont., writes: "About six months ago my little son's face was literally covered with Pimples. I tried every preparation I was told of by my friends but to no avail. Soon I thought I could not have them fixed up, and would have to wait and let him grow out of them, but thanks to Burdock Blood Bitters they are all gone, and I gladly recommend it to any one."

For All Throat and Lung Troubles

The Cause of Boils is Bad Blood

When boils start to break out all over the body it is an evidence that the blood is impure, and that it requires to be purified by a good blood cleansing agent, for unless this is done these very painful pests will continue to develop one after the other and keep you suffering for weeks, months, and perhaps years.

There is only one thing to do, and that is to purify the blood by taking a real good blood cleansing medicine such as Burdock Blood Bitters. This preparation has been on the market for years and is the best blood medicine known to-day. Thousands have been cured of boils by its use. If you are troubled, why not try it.

Troubled nearly Five Years from Boils

Mr. Walter Weaver, Shuswap, B.C., writes: "I was troubled nearly five years from Boils on my back and neck, and tried almost everything to get rid of them but nothing seemed to help me until I used Burdock Blood Bitters. Six bottles cured me, and I am very thankful to say that I have never been troubled with them since."

For Diarrhoea, Dysentery, Colic, Cramps or all Looseness of the Bowels use Dr. Fowler's Extract of Wild Strawberry.

Was covered with Boils. Doctor said Blood was Bad

Mr. Charles S. Woodworth, Clarence, N.S., writes: "Last year I was covered with boils. The doctor said my blood was bad and he gave me some medicines, but they did me no good. I was talking with my sister, and she said to try Burdock Blood Bitters, as she had used it and it did her good. She got me a bottle and I found relief right away, and after using two bottles I was completely cured."

Did not know what it was to be rid of Boils

Mr. Andrew E. Collier, River Glade, N.B., writes: "For years I was troubled with Boils. I did not know what it was to be rid of them until I began to use Burdock Blood Bitters. I only used two bottles of it, and it is now over ten years, and I can honestly say that I have never had any boils since. I can always recommend B.B.B."

Pimples are an "Eye Sore"

Pimples are caused by the blood being out of order. Those little festering sores appear on the forehead, on the nose, on the chin and other parts of the body, and although they are not a dangerous trouble they are very unsightly to both you and your friends and make you wish you could get rid of them. There is only one way to do this, and that is to cleanse the blood of all of its impurities by the use of Burdock Blood Bitters. The best remedy, without a doubt, for cleaning out the impurities from the system.

Face and Neck were covered with Pimples

Mr. Otto Boyce, Yarker, Ont., writes: "About a year ago my face and neck were covered with Pimples. I tried several kinds of medicine without success until at last I got two bottles of Burdock Blood Bitters. By the time I had used one the Pimples were nearly all gone, and by the time the second was used up I was completely cured of them, and I can now take great pleasure in recommending your medicine."

For Opium or Laudanum poisoning give emetics, keep the patient in constant motion, and give strong coffee frequently.

Small Pimples broke out on Face

Mrs. Wm. Demery, Ahmic Harbor, Ont., writes: "My blood was very bad, and my face broke out with small Pimples, and was very sore. One of my friends advised me to try Burdock Blood Bitters, and when I had used the second bottle I was completely cured, and have never been bothered since."

Was miserable with Pimples, Headache and Poor Appetite

Mr. Wm. H. Milkey, Waltham Station, Que., writes: "I have been feeling miserable all spring with bad Headache, and Pimples all over the face and body, and also had a poor appetite. A friend advised me to get some Burdock Blood Bitters, so I got two bottles, and they cured me completely."

Cure Backache and All Kidney Troubles

In the Spring the Blood is Foul and Sluggish

Everyone welcomes the first signs of Spring, but when the first few sultry warm days come on it makes you feel weak, tired, languid, listless and kind of all-gone, don't-care-to-work. This is caused by the sharp bracing air of the winter months that caused you to eat more heartily than you otherwise would, and the large quantities of food taken into the stomach do not always become thoroughly digested. Thus the blood becomes impure, foul and sluggish, and the bowels are inclined to become more or less constipated. What is necessary at this time of the year is to take a good blood medicine to clean out the system of all the impurities that have collected during the long winter months, and for this purpose we cannot recommend anything better than Burdock Blood Bitters.

A Health Builder and Blood Purifier

Mr. Jos. T. Bray, St. Thomas, Ont., writes: "I have used Burdock Blood Bitters as a Spring medicine, and find there is nothing that equals it. It not only drives out the impurities in the blood, but puts the blood in a healthy condition. B.B.B., is a health builder as well as a blood purifier."

For Sprains and Bruises.—Keep the parts perfectly at rest, and apply warm poultices of cloths wrung from hot water. Then apply Hagyard's Yellow Oil.

It is a Blood Purifier and Tonic

Mr. Chas. J. Merritt, Toronto, Ont., writes: "Having tried all so-called Spring medicines for the blood without getting satisfaction, two years ago I tried Burdock Blood Bitters, and ever since when I need a tonic I take it, and can safely say that it accomplishes its work better than anything I ever took. I can recommend it to anyone in need of a blood purifier and tonic."

For Fainting Fits—Place the patient in a horizontal position with the head low, give warming stimulants and inhalations of harts-horn, camphor, etc. Give free access to pure air.

To suffer from a Headache makes life miserable

It takes a person who has had, and is subject to headache to describe the suffering which attends it. The dull throbbing, the intense pain, sometimes in one part of the head, sometimes in the other and then over the whole head, varying in its severity by the cause which brings it on, purely indicates that there is something amiss with the system. The fact that Burdock Blood Bitters reaches the seat of the trouble is due to its success in relieving and permanently curing the cause of the headache. Many cures have been made by the use of B.B.B., and we feel sure that if you suffer from headache, and give it a trial it will cure you.

Suffered terribly from her head— Thought she would go mad

Mrs. Althea Bowman, Hamilton, Ont., writes: "I have suffered terribly with my head, for weeks at a time, till I thought I would go mad. A friend advised me to give Burdock Blood Bitters a trial, so I got a bottle, and found relief. I have used four bottles in all, and am thankful to say that I have had no more headaches since. I would advise all sufferers to give it a fair trial."

A good emetic to use in all cases of poisoning is a teaspoonful to a tablespoonful of mustard in a half pint of warm water.

Was a constant sufferer from Bilious Headaches

Mrs. David W. Parks, Kingston, Ont., writes: "Several years ago I was a constant sufferer from bilious headaches, and sick and dizzy spells, and nothing seemed to help me. I doctored with several doctors, but to no effect. At last a relative wanted me to try a bottle of Burdock Blood Bitters, which I did, and when I had taken the first I was so much better, I got two more, and to-day I am completely cured, thanks to B.B.B."

If a Child has Worms.—Get a bottle of Dr. Low's Worm Syrup. One or two doses will expell the worms from the system.

Start the Sluggish Liver Working

As an all round Blood Medicine nothing can equal Burdock Blood Bitters.

This well-known preparation has been on the market for going on forty years and is a specific for all diseases of the blood. Thousands have used it, and we have yet to hear of a case that has not been either cured or greatly benefitted by its use.

Below we give a few testimonials from those who have used this famous remedy.

Inflammatory Rheumatism Cured

* Mrs. Willett Crouse, Crousetown, N.S., writes: "A few years ago I got a chill, and it turned into a very bad attack of Inflammatory Rheumatism. It got so bad that after I got in bed the pain was so great, I had to be turned in bed, and when I got so that I could get up, I suffered so much pain and my limbs were so swollen, I could not so much as get a drink of water for myself. Our family doctor treated me, but it did no good. A friend advised me to use Burdock Blood Bitters, and after quite a while I made up my mind to do so. In all I took seven bottles, and to-day I can truly say that it cured me. I was laid up for thirteen weeks, and can strongly recommend B.B.B. to anyone suffering from Rheumatism."

To stop the Flow of Blood.—If an artery in a limb is severed quickly wind a handkerchief around the limb between the wound and the body, and insert a stick in the handkerchief and twist it as tightly as the patient will bear. Then apply astringents.

Neuralgia in the Head and Stomach Cured

Mr. Frank L. Savoy, Blair Athol, N.B., writes: "I suffered for two years from neuralgia in the head and in the stomach. I took two bottles of Burdock Blood Bitters, and I must say that they completely cured me."

See inside back page for our offer of a beautiful premium picture.

Women! If your Nerves Are Unstrung

How Does Your Heart Beat?

Heart trouble is characterized by its stealthy approach and its variety of forms, yet in all its forms nature gives unmistakable signals which warn us of its presence.

Palpitation, throbbing, irregular beating, pain in the breast, smothering feeling, are all manifestations of heart troubles. They are the calls of nature for the relief of an over-worked organ.

Again, among the obscurer symptoms are found, dull pains in the head, flashes of light, faint, dizzy feeling on rising quickly, shortness of breath, bluish appearance of the lips and ears, sudden flushing of the face, feeling of oppression and anxiety, sensation of fullness in the head, noises in the ears, general debility.

Each and every one of these signs point to the heart or nerves as the seat of the trouble.

Milburn's Heart and Nerve Pills have a soothing and calming effect on the nervous system, combined with a tonic, invigorating and restoring action upon the heart itself, which renders them a perfect remedy for all cardiac and nervous disorders from which so many unfortunately suffer.

Price 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price

Palpitation and Throbbing

In the milder forms there is a fluttering all-gone sensation. In severe forms the heart beats violently, the arteries pulsate visibly, the skin is flushed and there is a sinking, smothering, choking feeling.

Troubled for Several Years

Mrs. Jas. Traynor, Hall's Bridge, Ont., writes: "I was troubled with palpitation of the heart for several years, went to different doctors, and tried many medicines but got none to answer my case until a friend advised me to use Milburn's Heart and Nerve Pills. I got three boxes, and they did me so much good I cannot recommend them too highly."

See inside back page for our offer of a premium picture to all those who have used any of our remedies.

Use Milburn's Heart and Nerve Pills

Nervousness

Our pace is so swift in all departments of life, that we scarce can give our nerves that opportunity for rest and quiet, so necessary for their proper action. Keen competition or incessant worry soon lessen our nerve force.

Young girls and boys straining at their school tasks and consuming the midnight oil, when they should be sleeping.

Women worn out by their household cares and duties never ending.

Business Men overworked and over-worried by the great stress of financing and planning for their many enterprises.

All these, sooner or later, find themselves with shattered nerves or weak hearts, but the work must be done and the worry endured.

Milburn's Heart and Nerve Pills will help you back to health, and enable you to undertake the tasks before you with a clear brain and steady, strong nerves.

Would start at the least Sound

Miss M. E. Fowles, Saltcoats, Sask., writes: "I used to have a very weak heart, and was very nervous, caused by a severe shock while I was young. I would start at the least sound, and I could not get anything to strengthen my nerves until I started to take Milburn's Heart and Nerve Pills. After I had taken one and a half boxes I could sleep and eat well, and my heart and nerves became strong and steady."

In the case of a black eye the application of very hot water will cause the absorption of the blood, and relieve soreness.

Had Dizzy Spells every Day

Mrs. Len. Kinney, Moose Mountain, N.B., writes: "I was troubled with weak and dizzy spells, and my heart would beat something awful. I got so I would have these spells every day. I would first try one medicine, and then another but nothing did me any good until I got Milburn's Heart and Nerve Pills. I can safely say they did me more good than anything I ever took.

My friends say I look like a different person, and ask me what I have been taking."

If You Have Liver Trouble of Any Kind

Diseases of the Heart Valves

The valves of the heart are a most wonderful and necessary part of the heart structure and mechanism. They play the important role of preventing the leaking or forcing back of the blood from one chamber of the heart to the other.

Any special strain, any disease or weakening of the system, all tend to disable the valves and impair their usefulness. How important it is, then, after any serious illness, to take a course of Milburn's Heart and Nerve Pills, so as to strengthen the valves and prevent any weakness in their action.

Don't imagine Milburn's Heart and Nerve Pills can restore destroyed heart valves. They can and do, however, strengthen weak valves, and, in many cases in which hope seemed almost buried in despair, they put people on their feet whose heart action seemed too feeble and valves too incompetent ever to be restored.

They Worked Wonders

Mr. Francis Goddard, Woodville, Ont., writes: "I have been troubled with valvular heart trouble for the past four or five years, and have tried all kinds of medicines but with dissatisfying results. Finally I bought two boxes of your Milburn's Heart and Nerve Pills and am glad to say they worked wonders for me, and I need hardly tell you that I would not be without them for anything, and I can highly recommend them to anybody suffering from heart or nerve trouble."

Hiccough.—Drinking cold water very slowly, or holding the breath persistently, will usually stop hiccough.

Nervous Prostration

Mrs. John Hewson, Caledonia, Ont., writes: "I feel it my duty to let you know the great benefit your Milburn's Heart and Nerve Pills did for me. I suffered for four years with heart trouble and nervous prostration. I was so bad I could not go up stairs without sitting down at the top before I could go to my room. I could not sleep nor could I lie on my left side, for it would seem as if my heart would stop. I thought my time had come. I was doctoring with the doctor but didn't get any benefit. I took eight boxes of Milburn's Heart and Nerve Pills and am enjoying good health."

Milburn's Laxa-Liver Pills Will Cure You

General Heart and Nerve Troubles Some of those Cured

Mr. W. P. Turner, Marie Joseph, N.S., writes: "I have had a weak heart and bad shaky nerves for years, and have tried almost everything, but nothing did me any good until I was advised to try Milburn's Heart and Nerve Pills. I was surprised to find how one box helped me, so I tried two more, and am now completely cured. You may use my letter as an aid to others suffering from heart and nerve troubles."

A cupful of hot water with a little lemon juice added to make it palatable, taken the first thing in the morning, will often prevent a bilious attack.

She gained 51 Pounds

Miss Beatrice Loughed, Staples, Ont., writes: "I feel it my duty to tell you what Milburn's Heart and Nerve Pills have done for me. I had heart trouble for quite a few years. I doctored for it, and altogether my bill amounted to \$400 and still no cure. One day when very sick I was lying on a couch close to where some almanacs were hanging. I took one down, and was reading about what Milburn's Heart and Nerve Pills cured, and thought I would try them. I got six boxes to start with; have only taken three boxes and I never felt so well in my life as I do now. I only weighed 87 lbs when I started to take them and now I weigh 138 lbs. I hope all poor sufferers will be benefitted by them as I have been."

Sour milk, heavily salted, put on the affected parts with a soft sponge and allowed to dry on is a cure for ivy poisoning.

Nerves so Bad could not hold Paper

Mrs. Wm. Weaver, Shallow Lake, Ont., writes: "I doctored for a year, for my heart and nerves, with three different doctors, but they did not seem to know what was the matter with me. My nerves got so bad at last that I could not hold a paper in my hands to read the way they trembled. I gave up doctoring thinking I could not get better. A lady living a few doors from me advised me to try a box of Milburn's Heart and Nerve Pills, so to please her I did, and I am thankful to-day for doing so for I am strong and doing my own work without help."

KIDNEY DISORDERS

The Causes—Many and Frequent The Condition—Serious and Complicating The Cure—Prompt and Certain

The kidneys are easily and quickly affected, either by intemperate habits of eating or drinking, or by a cold or chill settling in the kidneys, or the result of some other sickness.

Those who have never been troubled with kidney trouble know not the misery and suffering which those afflicted undergo; or perhaps you have kidney trouble and are not aware of the fact.

You can easily tell if you have by observing the following symptoms as they are indications of kidney troubles.

Have you pain in the back, backache or weak back? Do you have frightful dreams?

Do specks float before your eyes?

Do you have puffiness under the eyes and swelling of the feet and ankles?

Do you have frequent thirst?

Is the urine scanty, cloudy, thick or highly colored?

Is there a frequent desire to urinate?

Do you have a burning sensation when urinating?

Is there sort of a brick dust deposit in the urine after it has stood for any length of time?

When any of the above symptoms are present you may be sure that the kidneys are affected, and it is time that something was being done for them.

Doan's Kidney Pills are a wonderful remedy for all kidney troubles, as they begin by healing the very delicate membranes of the kidneys and help to flush off the acrid and poisonous impurities which clog them up. This medicine will cure the most severe case, if only given a good fair chance.

They have been on the market for over 20 years and are for sale in every civilized country in the world. If purchasing see that the "trade mark", the Maple Leaf, appears on each package.

Price 50 cents per box or 3 boxes for \$1.25, for sale at all dealers or mailed direct on receipt of price by

The T. MILBURN CO., Limited
TORONTO, - - - - - ONTARIO

Permanently Cures All Skin Diseases

Cure the Backache

Then you will Cure the Kidneyache

Was Troubled with a Terrible Headache

Mrs. Joseph Stahl, Savona, B.C., writes: "I am writing you to tell you what Doan's Kidney Pills have done for me. I was troubled with a terrible backache, and an awful headache, and nothing seemed to help me. I told my husband to bring me a box of Doan's Kidney Pills, and I would try them, and I am glad I did. I have only taken one box, and haven't felt any pain since."

The Eye.—A sty on the eye will nearly always yield to an application of very strong black tea. •

Sore Back for over Four Years

Mrs. Chester Romain, Fort Coulonge, Que., writes: "I had been troubled with sore back for over four years, and could get nothing to do me any good until I heard of your Doan's Kidney Pills. I got three boxes, and took them and now I am completely cured."

Suffocation by Poisonous Gases or Vapours.—Remove the patient instantly into fresh air, dash cold water on the face, and use artificial respiration.

So Bad with Lame Back could hardly get up

Mr. E. B. Long, Ormiston, Sask., writes: "Six months ago I was so bad with a lame back I could hardly get up after I had been sitting down for a while. I noticed by the testimonials in your almanac that Doan's Kidney Pills were doing others good, so I thought I would give them a trial, as I had tried most everthing I knew of. I must say that in two weeks from the time I started to take them my trouble was entirely gone. You may be sure I am thankful to Doan's Kidney Pills."

Grated potato applied with a piece of linen will prove a quick cure for sunburn.

**Any One with a Bad Back
Should Appreciate how to get a Good One
Backache Comes From Disordered Kidneys
Doan's Kidney Pills Fix the Bad Back
Had Weak Back for Four Years**

Mrs. Agnes Portrious, Carleton Place, Ont., writes: "I have suffered for four years with weak back and kidneys. I would take dizzy headaches and would be in bed for a day at a time. I have doctored a lot, and used a lot of medicine, but all in vain. I became worse until a friend advised me to try Doan's Kidney Pills. I used three boxes and I have been well and strong ever since. I can now wash and scrub, which I could not do for over four years."

Mosquito Bites.—These are very often poisonous. Mosquitos may be kept away by sponging the body with a diluted extract of pennyroyal.

**Had Backache, could not Walk
at Times**

Mrs. John Power, Peake Station, P.E.I., writes: "I suffered from backache for three years, and tried all kinds of medicine but got no relief. I was so bad at times I would not be able to walk. A friend told me to try your Doan's Kidney Pills so I got five boxes and before I had three used I was near well so I used the other two, and I can say that I am now cured. If it had not been for them I would be suffering yet."

Could not Straighten up for Pain

Mrs. George Craigie, Rose Valley, P.E.I., writes: "I am writing to tell you what a wonderful cure Doan's Kidney Pills did for me. I was suffering with a lame back, and for several days I could hardly straighten up for the pain. I had used quite a lot of other kind of pills but received no relief. Just then my sister told me about what "Doan's" had done for her, so I decided to try them. I used three boxes and I am completely cured. I do not hesitate to recommend them to all."

Delay is Dangerous When the Kidneys are at Fault

Kidney troubles, numerous as they are in themselves, are not half as disastrous to life as are the diseases impregnated by them. A few of Doan's Kidney Pills, taken in time, often save years of suffering, and in many cases life itself.

Had Kidney Trouble over Three Years

Mr. Wm. J. Woodruffe, Newport, N.S., writes: "I had kidney trouble for over three years. I was so bad I could not hold my water a minute. I tried different medicines but none did me any good. A friend of mine advised me to try Doan's Kidney Pills. I did not have any faith in them but got a box, and after taking it I felt better, so kept on until I had taken three boxes, and I am now as well as ever I was. I advise all who have weak kidneys to begin using Doan's Kidney Pills at once."

Hot milk and coffee disguise the taste of cod liver and castor oil better than anything else. Pour a little coffee and milk into the cup first, then oil, then more coffee, and one will hardly know he has taken the medicine.

Could hardly walk Straight

Mr. C. H. Krocke, Hepburn, Sask., writes: "My wife was troubled with her kidneys for months, and was so bad she could hardly walk straight. She tried one box of Doan's Kidney Pills, and it did her so much good she got another one, and since taking it she has had no trouble, her kidneys do not bother her, and she is healthy all the time."

Bothered with Lame Back and Kidneys

Miss Gertrude Lancaster, Larkins, Ont., writes: "I have been bothered with my kidneys for several years. I had terrible headaches and dizziness, and could not sleep nights, until I began to use Doan's Kidney Pills. I am now strong and as well as ever, and may thank Doan's Kidney Pills for it."

Weak Anaemic People Are Made Robust

Nearly Half a Century of Usefulness Hagyard's Yellow Oil

Has been on the Canadian market for forty-seven years. Its range of application is wide, the directions very simple, and it has proved itself invaluable in all cases of Burns, Scalds, Cuts, Frost Bites, Chilblains, Chapped Hands, Bites of Insects, Rheumatism, Stiff Joints, Contracted Cords, Painful Swellings, Sprains, Strains.

It is also a very useful preparation for use in the stable.

It is an exceptionally clean remedy to use and will not soil the clothing in any way. Price 25 cents.

Suffered with Rheumatism 15 Years

Mrs. John Sproul, Snow Road, Ont., writes: "I have suffered for fifteen years, more or less, with rheumatism. I had used many different remedies without receiving any benefit. I was beginning to give up hope of ever getting better, when I noticed your advertisement of Hagyard's Yellow Oil, so I thought to give it a trial, and after using three bottles I was entirely cured. It is also a sure cure for sore throat and all kinds of swellings. We always keep a bottle of it in our house."

Toothache.—Relief in case of toothache may be obtained by inserting into the cavity a little cotton wool saturated with equal parts of laudanum, chloroform and creosote.

Smashed his Thumb with a Hammer

Mr. Wilbert J. Coulthart, Cannamore, Ont., writes: "About two years ago, while shingling a skating rink, I smashed my thumb very severely with a hammer that badly that the blood came right out at the end, and the whole end turned black in a few minutes. I went into the house and wrapped it up with a rag saturated with Hagyard's Yellow Oil. A couple of hours afterwards it pained so severely I went to my doctor. He asked me what I had on it, and I told him Hagyard's Yellow Oil, and he told me to go home and put lots of it on as he knew of nothing better. I did so, and in a few days it was all right; the nail turned its natural color, and did not come off. I think it one of the best liniments on the market for cuts and bruises."

To remove the bad odor from a sick room, burn a piece of dried orange skin on an old tin. Burned coffee is also effective.

By Using Milburn's Heart and Nerve Pills

Dr. Fowler's Extract of Wild Strawberry

A Short History of the World's Greatest Remedy

For Diarrhoea and all Bowel Complaints

It might be interesting to those who have been using this old and reliable remedy for years to know something of its origin and the length of time it has been in use.

In the year 1845 Dr. Fowler, then of Warner, N.Y., originated this wonderful preparation which has baffled the most skilful chemists on the continent to reproduce its virtues.

About the years 1846 or 1847, when cholera was so prevalent in Canada and the United States, Mr. Wm. Bentley, Brougham, Ont., and later of the firm of Milburn, Bentley & Pearson, was visiting friends at Warner, N.Y., where he became acquainted with Dr. Fowler, and finding his wonderful compound such an excellent remedy for cholera and all bowel complaints, he secured from him the original formula and the sole right to manufacture and sell it in Canada under the name of Dr. Fowler's Extract of Wild Strawberry. So valuable is this formula considered, it has never been out of the possession of the firm, and any person, firm or corporation claiming that their preparation is the same as "Dr. Fowler's" is saying what is not true.

Imitators have even gone so far as to imitate our wrapper in color and style, and have adopted similar names such as Strawberry Compound, Extract of Strawberry, Wild Strawberry Compound, etc., which preparations they have been trying to sell as the genuine, at a bigger profit to themselves, but unfortunately not to the consumers, who sometimes have had to employ medical aid afterwards.

Do not be lead into taking a substitute for "Dr. Fowler's" and thus endanger your life.

The price of the genuine is 35 cents and the price is marked on every bottle.

A graduated medicine glass should be in every household. One can be bought from your druggist for a few cents.

When directions for medicine read, to be taken three times a day, it should be taken at 10 a.m., 2 p.m., and 6 p.m. When every four hours take at 8 a.m., 12 a.m., 4 p.m., and 8 p.m.

Burdock Blood Bitters

Just Think of It! For Nearly Seventy Years

Dr. Fowler's Extract of Wild Strawberry
Has been Nature's greatest remedy for Diarrhoea, Dysentery, Cramps,
Colic, Cholera Morbus, Cholera Infantum, Summer
Complaint, Canker of the Mouth, Nursing
Sore Mouth of Infants and all
Bowel Complaints of Young or Old.

WE WISH TO ADVISE YOU!

Never neglect what seems to be but a simple Diarrhoea.

Never check the Diarrhoea discharges too suddenly.

If you do Inflammation may be induced.

The most rapid, reliable and effective remedy for all "looseness of the bowels" is Dr. Fowler's Extract of Wild Strawberry.

One thing about this preparation is that it does not leave the bowels in a constipated condition, as so many remedies of this nature do.

Baby had Dysentery—Two Doctors— No Result

Mrs. Martin Farraher, Dogherty Corner, N.B., writes: "I can very strongly recommend Dr. Fowler's Extract of Wild Strawberry for Dysentery and Summer Complaints. My little girl, at the age of two years, had the dysentery very bad. We had two doctors, but with no result. My mother brought me a bottle of Dr. Fowler's Extract of Wild Strawberry, and when half of the bottle was used the little girl was running around playing with her dolls with great delight and joy to the family, for we did not think she would ever get better."

The Teeth.—An improper diet affects the teeth as soon as it does other parts of the body. It is absolutely necessary to keep the teeth clean to keep the body clean, and if this is not done the stomach is liable to get out of order, and stomach complications set in. If your teeth become bad go to your dentist and have him look them over.

For bee stings, mosquito bites or any other insect, apply Hagar's Yellow Oil. It will draw out all the poison.

Cures Boils, Pimples and All Skin Diseases

The Oldest, Simplest, Safest and Best Remedy

For Diarrhoea, Dysentery, Cramps or Pains in the Stomach, Colic, Cholera Morbus, Cholera Infantum, Summer Complaint and all Looseness of the Bowels is Dr. Fowler's Extract of Wild Strawberry

Thousands of families throughout Canada have been using it for close on to 70 years, so you do not experiment when you buy it. Your druggist keeps it in stock, so when you want the best, ask for "Dr. Fowler's" and insist on being given what you ask for.

Price 35 cents at all dealers.

Change of Water Caused Diarrhoea

Mr. Alex. Young, Tweed, Ont., writes: "In the year of 1911 I went to Port Colborne, Ont., to work. I was not there long till I was taken sick with diarrhoea. The doctor told me it was caused by the change of drinking water and eating too much fruit. I was so bad I had to quit work. I tried several remedies but they failed to do me any good. One day my mother advised me to take a dose of your Dr. Fowler's Extract of Wild Strawberry. I had only taken about half a dozen doses, when I was able to go back to work again. I can recommend it highly to all who suffer from diarrhoea."

For a case of Choking.—Invert the body and slap smartly on the shoulders; if this does not dislodge the substance, insert the finger or a flexible pipe into the throat and push the substance downward.

Suffered Night and Day with Diarrhoea

Mrs. H. C. Irwin, Toronto, Ont., writes: "For two weeks, last Summer, I suffered night and day with diarrhoea. I was so weak I could scarcely get around. I tried several remedies but all failed until I got a bottle of Dr. Fowler's Extract of Wild Strawberry which, when I had taken two doses, effected a complete cure. I would not be without it in the house."

Earache.—This distress may be removed by freeing the ear of hardened wax with a small syringe and warm Castile soap-suds and a little glycerine.

Dr. Fowler's Extract of Wild Strawberry

A Page for Women who have Babies Suffering from Diarrhoea, Cholera Infantum, Summer Complaint and Teething Troubles Little Boy had Diarrhoea and Vomiting

Mrs. Wesley Pringle, Roblin, Ont., writes: "It is with great pleasure I can recommend Dr. Fowler's Extract of Wild Strawberry. When our little boy was 3 years old he had the worst attack of diarrhoea and vomiting I ever saw. We called in our doctor, and he came eleven times from Tuesday morning until Saturday night, but still no change. We expected each moment to be the last of his suffering, as the doctor said he could do nothing more. Mr. Pringle was going up town Saturday night and was advised to try your great and wonderful medicine. He got a bottle, and about 9 o'clock the first dose was given, and was kept up as directed, and when the doctor came on Saturday he said, 'what a wonderful change, why your little boy is going to get better!' Then we told him what we had given him. He said, 'keep right on; he is doing well.' I often think, as I look at my boy, growing to be a man, what great thanks I owe to Dr. Fowler's Extract of Wild Strawberry."

Two Children had Cholera—Would cry out with Pain

Mrs. Edwin Hawker, Lower Cape, N.B., writes: "As I have used your Dr. Fowler's Extract of Wild Strawberry I will tell you of what good it did for me. I had two children, one two years old and one four. They took the cholera, and would cry out with the pain. I had the doctor, but his medicine did no good. A friend told me to try "Dr. Fowler's" which I did, and I could see a change in them in a little while. It eased the pain, and the purging stopped in a short time."

Baby was Cutting her Stomach Teeth

Mrs. Edgar Cross, Beaver Harbor, N.B., writes: "I can speak very highly of Dr. Fowler's Extract of Wild Strawberry. My baby was cutting her stomach teeth, and her bowels were very loose. Nothing seemed to check them until I gave her "Dr. Fowler's." I know of several other mothers who have used it in the same way."

Is Still Curing all Bowel Complaints

Cookery for the Sick

When one is sick, the stomach cannot always contain certain foods, and it is generally necessary to find something appetizing, and at the same time nourishing, so as to build up the bodily strength without impairing the digestive organs.

Below we give you some Recipes

To Make Beef Tea.—Cut a pound of lean beef into small pieces; without any water put it into a jar, cover tightly and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours until the meat is like white rags and the juice is all drawn out; season with salt to the taste, and when cold, skim off the fat. Serve with crackers or toast.

For Boiling Eggs.—Put the eggs in a saucepan of boiling water, and let them stand where they will be kept hot, but the water will not boil for ten minutes. This gives an evenly cooked, but soft-boiled egg, and the process simply has to be lengthened or shortened to produce a harder or softer degree.

Rice Water For Invalids.—Three tablespoons rice, one quart cold water, pinch of salt; wash rice, add cold water, cook slowly until rice is tender; it may be flavored with lemon.

Chicken Broth.—Clean half a chicken and remove the skin. Pour on it a quart of cold water and salt to taste. Add a teaspoonful of rice and boil slowly for two or three hours. Then skim it well to get off all the fat and add a little parsley. This is one of the most agreeable of dishes for many sick people.

Oatmeal Gruel.—Boil a pint of water, and while boiling mix with it two tablespoonsful of oatmeal, which has been first rubbed smooth in a little cold water; also add half a pint of milk and a little salt. Let all simmer together for half an hour, then strain through a sieve, sweeten, and add a little nutmeg.

Milk Punch has often maintained the life of very sick persons when it has been impossible for anything else for several days. Use sweet milk, 1 glass; powdered sugar, 2 tablespoonfuls; brandy, 2 tablespoonfuls, ice. Dissolve sugar in the milk, add brandy and ice, stirring well.

For Constipation Nothing Can Equal

Watch Your Liver **If it is Lazy, Slow or Torpid Use** **Milburn's Laxa-Liver Pills**

The liver is the largest and one of the most important organs of the body. Its duty is to prepare and secrete bile, and serve as one of the filters to the blood, cleansing it of all impurities and poisons. The influence of a lazy, slow or torpid liver permeates the whole system, causing Biliousness, Heartburn, Water Brash, Langour, Coated Tongue, Fullness, Sick Headache, Yellow Eyes, Sallow Complexion, Brown Blotches, Variable Appetite, etc.

It holds back the bile, which is required to move the bowels, and lets it into the blood instead, thus causing Jaundice, Constipation and Catarrh of the Stomach.

There is nothing about Milburn's Laxa-Liver Pills of the old-fashioned, griping, purging, debilitating character.

They gently unlock the secretions, clear away all waste and effete matter from the system, and give tone and vitality to the whole intestinal tract.

Price 25 cents per vial, or 5 vials for \$1.00, at all dealers or mailed direct on receipt of price.

Biliousness and Sour Stomach **for 20 Years**

Mr. Charles Pettit, London, Ont., writes: "I feel it my duty to write you a few lines in regard to your Milburn's Laxa-Liver Pills. I had been bothered with biliousness and sour stomach for 20 years until a year ago I started to use Laxa-Liver Pills, and I have not been bothered since. I wish to let it be known to all those who suffer as I did."

Suffered with Sick Headache for **3 Years**

Mrs. M. Rugan, Ashland, N.B., writes: "I suffered with sick headache for three years, and I tried everything I could get but couldn't get any relief until I was advised by a friend to try Milburn's Laxa-Liver Pills, and in a month and a half I was completely cured. I cannot praise them enough."

Milburn's Laxa-Liver Pills **Are Small and Easy to Take** **They do not Gripe, Weaken or Sicken** **Sick Headaches were most Violent**

Miss Rose Doyle, Connaught, Ont., writes: "My health is better now than it has been for years, and I owe it to Milburn's Laxa-Liver Pills. I was for several years troubled with severe stomach trouble and sick headache. I could not eat anything without agonizing pain. My sick headaches were most violent, and I could not rest night or day. I became emaciated and thoroughly despondent, and no medicine seemed to help me until I took Milburn's Laxa-Liver Pills. In five months I was entirely cured."

Sour Stomach and Biliousness

Mrs. Hans McKitrick, Wakefield, Que., writes: "For several years I was troubled with sour stomach and biliousness and did not get relief until I used Milburn's Laxa-Liver Pills. I had only taken them two weeks when my trouble was quite gone, and I will recommend them to all suffering as I did."

Catarrh of the Stomach for 2 Years

Mr. Edward Babineau, Suretteville, N.B., writes: "I take pleasure in writing you concerning the great value I received by using Milburn's Laxa-Liver Pills, for I have been a sufferer for two years from catarrh of the stomach. I only used two vials and they completely cured me."

Three Vials Cured Constipation

Mrs. Elijah A. Ayer, Fawcett Hill, N.B., writes: "I was troubled with constipation for many years, and about three years ago my husband wanted me to try Milburn's Laxa-Liver Pills, as they had cured him. I got a vial and took them, and by the time I had taken three vials I was cured. I always keep them on hand, and when I need a mild laxative I take one."

See inside back page for our offer of a beautiful premium picture ready for framing.

Get Dr. Wood's Norway Pine Syrup

Constipation or Costiveness

Constipation, although generally described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver. There is nothing more productive of general ill health than constipation of the bowels, and a regular action is absolutely essential to general health.

The cause of constipation is an inactive liver, with deficiency of bile, improper diet, and most frequent of all, a neglect to attend daily with regularity to nature's calls. One of the most common, painful and troublesome troubles caused by constipation is piles, and unless the bowels are kept open by the use of a good laxative such as

Milburn's Laxa-Liver Pills

the whole system will be poisoned and many different complications of disease arise.

Troubled with Constipation over 5 Years

Mrs. A. Cumming, Manchester, Ont., writes: "I have been troubled with constipation for over five years, and feel it my duty to let you know that your Milburn's Laxa-Liver Pills have cured me. I only used three vials, and I can faithfully say that they have saved me from a large doctor bill."

Had Constipation for over 10 Years

Mr. M. Stafford, Venton, Que., writes: "For over ten years I was troubled with constipation, and all remedies failed to cure me. A friend advised me to use your great cure, Milburn's Laxa-Liver Pills, and to-day I am a well man, and am pleased to recommend them to anyone."

Troubled with Stomach for 25 Years

Mr. Thomas Duesling, Waterford, Ont., writes: "I was troubled with my stomach for 25 years. I doctored with doctors in Canada and Michigan, but got no relief. There was a friend in Michigan who advised me to try your Milburn's Laxa-Liver Pills, and I did so. I now feel like a new man, and I can't praise them enough to my fellow men."

If You Want The Best Cough Medicine

Mothers Cannot Watch Their Children too Closely for Symptoms of Worms

It is well known that many deaths occur among children supposed to be ill from other causes, whose whole trouble could be attributed to worms, and if properly treated for them, could have been cured.

When a child has a painful gnawing in the stomach or bowels, is troubled with nausea, bad breath, grinding of the teeth, picking the nose, variable appetite, moaning or starting in the sleep, etc.,

Then you may be Sure that they are Troubled with Worms

**We Guarantee Every Bottle of Dr. Low's Worm
Syrup to Cure Worms or Money Refunded.**

Price 25 Cents at all Dealers

Was restless at Night—Would grind her Teeth

Mrs. Wm. Conrad, Bridgewater, N.S., writes: "My little girl got sick, and would grind her teeth, and was so restless at night I did not know what was the matter with her. My sister told me that she had worms, so I got a bottle of Dr. Low's Worm Syrup. After she had taken a few doses she passed a worm, and in a few days time she passed a lot of pin worms, so many in fact, I could not count them as she was alive with them. Now she is completely cured and is gaining in flesh, and sleeps well at night."

Saved her little Girl's life

Mrs. James Kelsey, Lyndhurst, Ont., writes: "I have used Dr. Low's Worm Syrup with great success. It saved my little girl's life after we had had the doctor six times, and she was getting worse all the time. We had given her up, when a man came in and said he believed it was worms, and to try Dr. Low's Worm Syrup, which we did, and after a few doses she began to amend, and is now fully cured."

All Weak Suffering Women Should Use

Are you Troubled with your Lungs ? If so, Dr. Wood's Norway Pine Syrup will Cure you.

Dr. Wood's Norway Pine Syrup is rich in the lung-healing virtues of the Norway pine tree, and with this virtue we have skilfully combined the soothing and expectorant properties of Wild Cherry Bark and other pectoral herbs and barks, which makes it one of the most efficient and effectual remedies known for all bronchial and lung troubles.

You may confidentially rely upon it as a specific for Coughs and Colds, Bronchitis, Sore Throat, Croup, Pains in the Chest, Whooping Cough, etc.

"Dr. Wood's" has been made the object of imitation by many firms. When you ask for it see that you get the original and genuine. It is put in a yellow wrapper, 3 pine trees the trade mark, the price 25 cents, and manufactured only by ourselves.

Contracted Severe Bronchial Trouble

Mr. W. T. Allen, Halifax, N.S., writes: "I feel that I would be doing you and your great remedy, Dr. Wood's Norway Pine Syrup, a gross injustice if I did not write and let you know the wonderful results that I have obtained from its use.

Last spring I happened to contract a cold. Of course this is a common occurrence, and I did not take any particular notice of it at the time. However, it did not break up as quickly as colds generally did with me, so after two weeks, and no sign of improvement I began to get alarmed, and went to my local physician who informed me that I had contracted severe bronchial trouble as a result of neglecting my cold. He prescribed some medicine for me, which I took for about two weeks without any sign of improvement. I was getting pretty much discouraged by then, but one day a friend happened to be in to whom I was relating my trouble, and he advised me to try Dr. Wood's Norway Pine Syrup, saying that he had obtained very beneficial results from its use in a similar case. I took his advice and procured several bottles from my druggist. After taking it, according to directions, for about two days, I noticed a decided improvement, and from that day on I began to get better, and in ten days I was in my usual health. I consider this an excellent showing for your remedy, and can highly recommend it to anyone afflicted as I was. I shall always put in a good word for it whenever the opportunity offers itself."

Consumption is in Many Cases the Final Result of a Neglected Cold

Don't give this terrible disease a chance to get a foothold on your system.

Don't waste your time and money on medicines which only relieve but do not cure a cold.

Dr. Wood's Norway Pine Syrup makes obstinate coughs and colds yield to its grateful soothing action, and in the racking, persistent cough, so often present in consumption cases, it gives prompt and sure relief.

Was afraid Cold would turn to Consumption

Mrs. H. N. Gill, Truro, N.S., writes: "Last January, 1913, I developed an awful cold, and it hung on to me for so long that I was afraid it would turn to consumption. I would go to bed nights, and could not get any sleep at all for the choking feeling in my throat and lungs, and some times I would cough till I would turn black in the face. A friend came to see me, and told me of your remedy, Dr. Wood's Norway Pine Syrup. I got a bottle of it, and after I had taken it I could see a great change for the better, so I got another and when I had taken the two bottles my cough was all gone, and I have never had an attack of it since, and that is now a year ago.

As a remedy for coughs and colds Dr. Wood's Norway Pine Syrup has no equal."

Thought Girl was going into Decline

Mrs. B. E. Druce, Brighton, Ont., writes: "I am sending you my testimony of your Dr. Wood's Norway Pine Syrup, telling what it did for my little girl. The doctor had given her up as she was, as we thought, going into a decline with the cough she had. I was told by a lady friend to try "Dr. Wood's," and when she had taken two bottles she was on her feet again, and four bottles cured her."

If Your Liver Is Not Working Properly

**There Are Many Imitations
Of Dr. Wood's Norway Pine Syrup
Be Sure You Get The Genuine When You
Ask For It**

**See that it is put up in a Yellow Wrapper; Three Pine
Trees the Trade Mark, and our name on
the Package**

**Coughing so Prolonged, Vomiting
would occur**

Mr. Wallace H. Grange, Vancouver, B.C., writes: "During a cold spell here about the middle of last October I caught a cold which got worse despite all treatments I could obtain, until about November 22nd, a friend said, "Why not try Dr. Wood's Norway Pine Syrup?" Really, I had no faith in it at the time as I had tried nearly every other remedy I had heard of, to no avail, but I thought I would give this last remedy a trial. I purchased a 50 cent bottle and in three days I was feeling a different man. My cold was so hard and the cough so prolonged that vomiting occurred after a hard spell of coughing. I carried the bottle in my pocket, and every time I was siezed with a bad coughing spell I would take a small dose. I can most heartily recommend Dr. Wood's Norway Pine Syrup to anyone with a severe cold as its powers are most marvelous, and I never intend being without it at all times."

Little Boy had Severe Cold

Mrs. E. Phillips, Steelton West, Ont., writes: "My little boy caught a severe cold, when about fifteen months old, and my husband having little faith in patent medicines sent for a doctor, but he got no relief. We were then advised to try Dr. Wood's Norway Pine Syrup. Three doses stopped the coughing, and before the second bottle was taken our darling was well. My husband has changed his mind and he is continually recommending it to his friends. We would not be without it in the house."

Try Milburn's Laxa-Liver Pills

British Troop Oil Liniment For Internal and External Use For Man and Beast

It is a Necessity in every Household

British Troop Oil is put up in a large bottle and the price is only 25 cents at all dealers.

Leg Injured—Had to use Cane

Mr. Leopold Carlyle, Amherst, N.S., writes: "In working on a river drive I got my leg injured, and the exposure to the cold water and heavy lifting caused the leg to become so stiff that for several months I had to use a cane. I tried several treatments without benefit till a friend recommended British Troop Oil. Two bottles of it has completely cured me of the stiffness, and my leg is as well as ever. I have also used it on a horse, and found it of great benefit for a swelling on his shoulder."

Scalded with Boiling Water

Mrs. Peter Duffy, Saulnierville, N.S., writes: "Last winter my little boy, ten years old, was scalded with boiling water, and before I could take off his pants he was already blistered. I used British Troop Oil to stop the burning, and kept applying it until he got well. In three weeks time my little boy's legs were all healed up, and he was going to school again. I find it good for all kinds of sores, and would not be without a bottle of it in the home if it cost me one dollar a bottle."

Had Hand Cut with Band Cutting Knives

Mr. Alex. MacPherson, MacLean, Sask., writes: "I wish to give you an account of my experience with British Troop Oil. I had my hand cut very badly with the band cutting knives on a thrashing machine, and it kept getting worse for over three months. I tried everything I could think of, but could get nothing to heal it until a friend advised me to use your valuable liniment, and I can safely say that it is the best remedy I have ever used, and I recommend it to all of my friends,"

A Corn is no Joke

It is a Serious Thing

If you are troubled with corns, all you need do is to get a 10 cent box of

Pain's Corn Salve

It will remove the corn by a few applications and give you foot ease for the balance of your life. If your dealer or druggist does not keep it in stock send us 10 cents and we will mail you a box, or better still, send us 25 cents and we will mail you 3 boxes, and guarantee it to remove the worst case of corns known.

There is Only One Roll Salve on the Market and that is Egyptian Salve

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